THE FUTURE IS YOURS
PROTECT YOURSELF TODAY

FOR YOUTH

The Latino Families HIV/AIDS Prevention Project

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Deception

Alma was having a hard time adjusting to her life as a freshman in her new school. Her family had moved from a small town to the big city and she had to quickly adapt to many things, including meeting new people. Alma was confused and overwhelmed. When Javier, one of the hottest guys in school, began to notice her Alma was thrilled. When he asked her out she was quick to say yes. ***"How could I refuse? I couldn't believe he wanted to go out with me!"*** When Javier and Alma started dating, everyone at school who had never talked to her before now wanted to be her friend. Alma found herself falling for Javier. ***"He's was such a good kisser. I felt a million things coming over me that I just couldn't explain."*** Javier began pressuring her to have sex and after a few months she decided she'd waited long enough. Besides, she thought that if she didn't have sex with him he might dump her for someone else. Javier told her that there was no way she would get pregnant because it was her first time.

A month after they had sex, Alma began to worry. Her period was late and she was starting to feel sick. When she finally told Javier, she was shocked by his response. He told her, ***"How do you know it's mine? How do I know you haven't been with other guys? You were so easy for me."*** Even though Alma assured him that she was a virgin when they met, Javier didn't want anything to do with her. She found herself alone at the clinic waiting for the positive results of her pregnancy test. ***"Not only am I pregnant but they've also recommended that I should get tested for HIV and other sexually transmitted infections. How could this be happening to me? I'd rather die than tell my parents!"*** Although Javier denied it, his paternity was confirmed by a blood test. His moment of pleasure became a lifetime of responsibility.

THE MAJORITY OF PREGNANCIES IN LATINA WOMEN ARE UNPLANNED.
ARE YOU READY FOR THE RESPONSIBILITIES THAT SEX CAN BRING?

TIPS FOR SAFER SEX

Get to know your partner.

Make sure your partner has been tested for HIV.

Get tested for HIV if you've ever been at risk.

Discuss condom use before you engage in any type of sex.

If you're not ready to have sex, wait!

If you decide to have sex (vaginal, oral or anal) with your partner:
BE PREPARED! Have condoms ready. If used correctly, condoms are more than 99% effective in preventing the transmission of HIV and other sexually transmitted infections. If you are going to have anal or vaginal sex, use water based lubricant for extra protection.

IF YOU PROTECT YOURSELF, SEX CAN BE A PLEASURABLE EXPERIENCE.
UNPROTECTED SEX CAN HAVE SEVERE CONSEQUENCES.

ARE YOU READY FOR SEX?

In the U.S., over 20,000 young people become infected with HIV every year and many still refuse to believe that they're at risk. Answering the following questions could help to save your life.

How do you feel about your partner? Is he or she someone you can trust? Do you respect each other? Many people don't talk to their partners before they have sex. Don't have sex with someone you can't talk to about sex. Sex can be a pleasurable experience if you're comfortable and able to express your desires and concerns to your partner. If you have doubts, or don't trust your partner, wait until you have more information.

What physical and emotional qualities attract you to your partner? Don't confuse physical attraction for emotional attraction. What you do with your body demonstrates your self-respect. Make sure that the qualities your partner has are truly those you want to be a part of your life.

Do you feel that having sex is your decision? Are you being forced or coerced into sex? Do you feel that you are the only one of your friends who hasn't had sex yet? Many people decide to have sex because of peer pressure or the fear of rejection from a partner, but these aren't sufficient reasons to have sex. Having sex won't guarantee that your partner will love you more. There are many people who wait to have sex until they are ready. Evaluate your life situation before you place yourself at risk. If you feel that you are at risk or being forced to have sex, talk with a professional and take measures to stay away from whoever is threatening you. One out of 3 women and 1 out of 9 men are raped in their lifetimes, and many of these experiences occur during their teen years.

Do you have sex under the influence of alcohol or drugs? If you and your partner have sex under the influence of alcohol or drugs, you must plan to protect yourselves in advance, knowing that you may forget to use protection. Ask yourself if drugs or alcohol improve your sex life, as most of the time sexual pleasure is reduced during drug or alcohol use; unprotected sex is not worth the risk!

LET'S TALK ABOUT HIV/AIDS: HOW THEY AFFECT YOU

It is important that you talk about HIV/AIDS and other STIs, before you're in an intimate situation with your partner. Sex involves risk, not only for HIV, but for other sexually transmitted infections (STIs) and unwanted pregnancies. Ask your partner about condom use and whether he or she has used them in the past. Find out if your partner has been tested for HIV and other STIs, and whether or not she or he has had unprotected sex since being tested. Remember that the chain of infection includes the sexual histories of many other people. You are, in essence, having sex with everyone your partner has had sex with and all of their partners, etc... Your risk for HIV also increases with drug use, especially if you or any of your partners have shared needles.

Did you know that...

1 million people in the United States are living with HIV/AIDS and approximately 1 out of 5 was infected during adolescence.

1 out of 5 people with HIV/AIDS in the United States is under 25 years of age.

1 out of 4 sexually active teenagers between the ages of 13 and 18 contract a STI.

Of Latino adolescents who engage in oral sex, approximately 3 out of 4 don't know that it puts them at risk for HIV infection.

HIV and AIDS: What are they?

HIV: Is a virus that affects the body's defenses, slowly weakening the infected person and exposing them to a variety of illnesses.

AIDS: Is a result of HIV when it is not controlled and the body's defenses become weak.

HOW IS HIV TRANSMITTED?

It is very important to know that HIV is not transmitted through casual contact. You cannot get infected by kissing, hugging, drinking from the same glass, interacting or living with a person who has HIV/AIDS. The only way you can become infected is by contact with semen, vaginal fluids, blood, and breast milk, through…

Unprotected sex (oral, vaginal, anal)

Sharing needles and injection equipment

Transfusions with infected blood

Infection of a baby through pregnancy or breastfeeding

HOW TO PROTECT YOURSELF AND YOUR PARTNER FROM HIV/AIDS

The reality is that unprotected sex can result in months of anxiety, an infection or an unwanted pregnancy. In addition to maintaining open communication with your partner, consider the following:

It is important that each person faces and accepts his or her own sexuality. In turn, you can be honest with your partner and protect each other at the same time.

Try not to combine drugs or alcohol with sex. If you do, always have condoms available and use them.

Learn how to protect yourself. When you have sex (vaginal, oral and anal) always use condoms.

Get tested for HIV and ask your partner to get tested, too.

If your partner refuses to use protection, abstain from sex. Learn to control yourself and say no.

If you have HIV, talk with a health professional about how to tell your partner that you're infected. It is important that you protect yourself and that the infection stops with you.

It will never happen to me

Oscar was looking forward to a great weekend with his friends. On Friday he ran into Clara, a girl he'd dated for a year but hadn't seen in months. He noticed something strange about her; she just didn't look like herself. He thought that all the wild times they had when they were high had finally caught up with her, but not him. Oscar believed that he was in such great shape that nothing could affect him. He was shocked when Clara told him she had AIDS and suggested that he get tested for HIV. She urged him to take care of himself and told him that a few moments of pleasure were not worth the risk. ***"When you're young you don't think about anything, you say to yourself, 'it won't happen to me,' that's what I thought."*** Clara told Oscar how much she wished she could turn things around, ***"If only I could do it all over again. When people mix drugs and alcohol they forget to protect themselves. Drugs affected my way of thinking and I did things that I wouldn't normally do. I lost control and I did things I now regret. That's what happened to me and I don't want it to happen to you."***

REPECT YOURSELF, PROTECT YOURSELF!

Take it slow

Diego, like other guys, is very curious about sex. He and his friends spend their time looking at videos, magazines and really hot Internet sites. They talk about the girls they've hooked up with and fantasize about. Although Diego hasn't had sex, he tells his friends he has and they look up to him because he brags about all of his conquests. What they don't know is that the sex is just fantasy, made up from watching porn. When he started dating Sonia, he began to feel things he had never felt before. He found himself liking her more and more. One day after school when they were making out, Diego asked Sonia if she wanted to go all the way. He told her he would make her feel so good and that he wanted her to prove her love. Sonia was confused, and told Diego she needed more time to figure things out. She wanted to feel secure about her decision. When Sonia talked to her aunt later that week, she said, ***"I'm really glad that you were honest with yourself and that you didn't do it just because everyone else is doing it."*** Diego and Sonia decided they could share intimate moments without feeling the pressure to have sex and the responsibilities it brings.

IT'S BETTER TO WAIT

Many young Latinos have friends, partners, parents, brothers, sisters and other family members who have been affected by HIV. This brochure is designed to help you understand how communication and support can help prevent HIV infection.

You're not alone.
Your health depends on you.
Let us help you.

For copies of other brochures in this series, or for more information, please call:

1-(800)-920-5990
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